



City of Milwaukee Wellness Your Choice Milwaukee Healthy Rewards Program



FREE Health Educator Opportunities

Participants can utilize the time slots below to complete a 15-minute coaching session, have a retest of their blood pressure or waist circumference or to turn in Healthy Rewards submissions. Participants will earn 10 points per 15-minute session for a maximum of 30 points.

Telephonic Coaching Appointments- Various dates and times available until June 30, 2015. Signed [consent](#) required prior to appointment.

Wellness Center- Located in the Ziedler Building near the Market Street entrance.
Please call 414-777-3410 to set up your appointment.

Day	Time
Monday	8:00 a.m. to 3:30 p.m.
Tuesday	9:30 a.m. to 1:30 p.m. (Registered Dietitian)
Wednesday	8:00 a.m. to 3:30 p.m.
Thursday	8:00 a.m. to 3:30 p.m.

DPW Headquarters- Located at 3850 N 35th Street

4 th Tuesday of the Month	8:30 a.m. to 1 p.m.	Nutrition Coaching
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Fire and Police Academy- Located at 6680 N Teutonia Avenue

2 nd Tuesday of the Month	8:30 a.m. to 1 p.m.	Nutrition Coaching
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Schedule your appointment for DPW Headquarters, Fire and Police Academy or telephonic coaching at www.pickatime.com/healthyrewards or by calling 414-777-3410 (Same user name and password that was used to schedule your 3-step health assessment)

For more information on the Healthy Rewards program:
Visit the DER website under Benefits- "Healthy Rewards"
E-Mail cityofmke@froedtert.com
Call 414-777-3410